

MAXIMS OF HEALTH.

BEING, AN

ABRIDGMENT

OF

AN ESSAY ON INDIGESTION:

CONTAINING

ADVICE TO PERSONS AFFLICTED

WITH

INDIGESTION,	}	HEAD ACH,
NERVOUS, BILIOUS, &		FEMALE COMPLAINTS,
GOUTY DISORDERS.		WORMS, &c.

INCLUDING ALSO

A TREATISE
ON SEA AND COLD BATHS

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INDIGESTION.

THAT particular state of the alimentary canal, which is termed INDIGESTION, is known to subsist by the following

SYMPTOMS:

Diminution, or total loss of appetite; nausea, sometimes retching and vomiting, especially in the morning; bad taste in the mouth, foul tongue, flatulency, distention, pain and uneasiness in the stomach and bowels, particularly after meals; acid and windy eructations, heartburn, and flushings in the face: sometimes a lax habit takes place, at other times an obstinate costiveness supervenes.

CAUSES OF INDIGESTION.

Intemperance in eating and drinking; with the immoderate use of spices, strong rich sauces, wines, and ardent spirits;—Defect in either the quantity or quality of the food, Moist, warm, confined, or impure air;—Living in low damp houses, and in the neighbourhood of marshes and stagnant waters:—Want of due exercise;—A sedentary life;—Want of sleep or natural rest;—Intense study.

The immoderate use of Mercury is another and frequent cause of Indigestion: many constitutions have suffered more from the injudicious use of this most valuable medicine, than by the very disease it was intended to cure; when taken improperly. it injures the nerves, as well as the stomach and bowels; and subjects the patient to the gout, debility, consumption, nervous disorders, loss of memory, lowness of spirits, and often induces premature old age.

The use of Tobacco may be also ranked among the causes of Indigestion; it frequently proves injurious to the stomach when first made use of, either in smoking or chewing, owing to the profuse discharge of *saliva* or spittle, it occasions, and its narcotic power upon the nerves.

EFFECTS OF INDIGESTION.

I. Accumulation of indigestible matter in the stomach and bowels; hence proceed—Vomiting and



purging—Colic, flatulent or bilious—Worms—Intermitting Fever—Large Bellies in Children.

II. Debility of the General System; producing—Agues,—Fevers,—Gout,—Scrofula—Rickets—Jaundice.

III. Irregular performance of the Secretions and Excretions; from whence arise—Catarrhal Defluxions—Asthma—Consumption—Diabetes.

IV. Debility of the Absorbent System; whereby the lymphatic exhalation is not taken up so quickly as excreted by the exhalent arteries: hence—Leucophlegmacy—Dropfy, partial and general.

V. Debility of the Nerves in general; producing—Pains in the head, especially periodical—Spasms of the stomach and bowels—Hysterical disease—Hypochondriasis—Lethargy—Apoplexy—Palsy.

After enumerating these Effects, it must evidently appear that the cause of almost every obstinate, complicated, and incurable disease, originates in the stomach; that health and sickness depend in a great measure on the action of that organ; and, therefore, though Indigestion has been treated as a trifling complaint, it certainly demands our most serious attention. Dr. Fothergill was fully of this opinion: he says—"The vigor of the body, strength of mind, present health, and a foundation for future, with the sweetness of a life unmolested by disease, depend, in a great measure, on the state of that noble viscus, the stomach; therefore, every effort should be used, to preserve a function of so much utility to the body in a sound state.—If the stomach be healthy, less may be feared from other parts; but this being diseased, other parts will not long remain sound.—We daily observe, that the Gout, Dropfy, Scurvy, Consumptions, Insanity, and the worst kinds of Fevers, seldom happen, but the stomach is first affected."

In order to illustrate more fully how indigestion becomes the primary cause of most disorders to which the human body is subject, and to account for those symptoms which constitute that morbid state, I shall here describe

THE PROCESS OF DIGESTION;

Or, the progress of the Aliment from the Mouth to the Heart and Lungs; with the Changes it undergoes in its Passage, until it be converted into blood:

SHEWING AT THE SAME TIME,
BY WHAT LAW OF THE ANIMAL ECONOMY
THE
BODY IS MAINTAINED AND SUPPORTED
IN A NATURAL HEALTHY STATE.

After the masticated food is conveyed from the mouth into the stomach, it is reduced into a soft pulpy mass by the action of that organ, by the solvent power of the gastric juice, and by the diluting power of the saliva that becomes mixed with the food during the action of chewing. This change being effected, the stomach more strongly contracts and forces out at every such contraction, a portion of its contents, through its lower orifice (the Pylorus), the fibres of which relax to afford it a passage, until the whole be evacuated into the first bowel, called by Anatomists, *Duodenum*: hence arises the true sensation of hunger. But, where the stomach through weakness is unable either properly to digest the aliment, or to contract with sufficient force so as to evacuate its contents in due time, an unnatural fermentation with an increased secretion take place, which produce the symptoms of Indigestion; such as flatulency, distention, eructations, acidity; great uneasiness, sickness, vomiting, pain, and spasm or cramp of the stomach: loss of appetite, flushing heats, pain and giddiness of the head, with sometimes a palpitation of the heart, &c.

When the food, united with the gastric juice and saliva, and thus partially dissolved, arrives in the first bowel, it meets with the *Bile* from the liver, which assists digestion; it also meets with another fluid, the

pancreatic juice, from the pancreas, or sweetbread, which answers some unknown purpose in the act of digestion, contrary, seemingly, to the bile, as the one is very bitter, and the other sweet: these fluids, are well mixed with this alimentary pulp, which they further attenuate and dissolve, and into which they seem to infuse new properties. After this mixture is rendered an uniform mass, it is forced through the bowels by their frequent contractions; and the more fluid part, called chyle, being separated, is absorbed and conveyed to the blood by the lacteals; and the more solid part, thus deprived of every nutritious particle, is cast out of the body as useless. But when the bowels are become weak, which must be the case where the stomach remains debilitated for a length of time, they will be unable to contract sufficiently, to evacuate their contents in due time. Hence arise crude chyle, a costive habit, piles, flatulent chollic, head-ach, and collections of slimy matter in the bowels; from which many diseases are derived, especially worms.

The liquid part of the digested aliment, being separated from the solid part, becomes a mild sweet, and whitish fluid, termed *chyle*, which the lacteals absorb and convey to the mesenteric glands, and afterwards to the thoracic duct, from which it is poured into the left subclavian vein, and from thence into the heart and lungs. Here the chyle is mixed with the blood, which changes and assimilates that fluid into its own nature. This is called *Sanguification*. It is from this fluid that the blood is made; and this affords that supply of nutrition which the continual waste of the body is found to require.

Having thus premised the process of digestion, I shall now point out

THE OFFICES OF THE BLOOD.

The blood supplies every waste of the body, made by the different secretions; the secreted fluids, therefore, are certainly all formed from the blood, such as perspiration, urine, saliva, bile, &c. It forms

every part of the body, both solids and fluids: it repairs diseased parts: it forms that hard substance or cement in fractures, which unites the ends of broken bones so firmly together: In short, it regenerates all the solid parts of the animal system, and replenishes every waste of the fluids. Such being the important offices of the blood, it is universally allowed to be, and it most certainly is, the principle or *pabulum* of life. But unless the blood be constantly recruited by a fresh supply of good chyle, (from which, as before observed. it is made) an impoverished and vitiated state of that vital fluid must ensue; consequently those offices, so essential to health, cannot be duly performed; nor that waste, occasioned by the different secretions, be properly supplied. Hence arise general debility, nervous disorders, gout, dropsy, jaundice, and cutaneous eruptions.

Though it is evident that the chyle from the chylopoetic vessels supplies the blood with its nutrition, and that, if the former be vitiated, the latter must sooner or later become so too; yet it is necessary to remark, that the blood receives from the external air, in its passage through the lungs, during the act of inspiration, another principle which is called OXYGEN AIR. This is the source of animal heat, as well as the cause of sensibility, irritability, and motion:—This empowers the blood to stimulate the heart and arteries into action:—This gives the blood its florid colour; in short, this imparts to it the vital principle. The animal machine has been very justly compared to a clock: for let its wheels be in ever so good order, and the mechanism complete in every part, yet, unless some impulse be given to the pendulum, the whole will continue motionless: so with regard to the human body; though it may be in perfect health, the stomach supplied with food, and the digestive organs perform their office with ease,—yet, except the stimulus of the air be communicated to the blood, the action of the heart and lungs (the principal organs of life,) would cease.

In order to render the last paragraph more perspicuous, I shall specify the component parts of the atmo-

sphere; this is a compound body, consisting of two species of airs, namely, OXYGEN and AZOT, which bear a certain proportion to each other; that is, about twenty-eight parts of oxygenated, vital, or dephlogisticated air, which supports life and flame; and seventy-two parts of Azotic (commonly called phlogisticated) air, which destroys both. This atmospheric air, being inspired by the lungs, meets there with the blood passing through them, to which the oxygenated or vital air, having a greater affinity than it has to the azotic or phlogisticated air, disengages itself from the azot, and combines with the blood, which at the same time parts with another species of air, that has a greater affinity to the azot, than it has to the blood: These two extricated fluids, namely, that escaping from the blood, and the azotic air, combining together, are expelled from the lungs in the form of vapour termed *breath*. This constant action of the lungs constitutes what is called *Respiration*.

But whenever the oxygen or dephlogisticated air becomes much diminished, according to the proportion which it ought to bear to the other component part of the atmosphere, in order to answer the purposes of life—or, in other words, where the atmosphere is lowered or contaminated, the blood loses its natural stimulus: Hence arises a diminished action of the heart and arteries; the consequences of which are, fainting, languor, head-ach, difficulty of breathing, general relaxation; and, if it continue long in that state, cutaneous eruptions, and especially the sea scurvy.

The necessity of obtaining the air in as pure a state as the atmosphere will admit, must appear obvious from what has been said respecting its wonderful effects: this is quite as requisite to be attended to, as preserving the strength of the digestive organs; for, while the chyle, which is prepared by them from the food, is supplying the waste occasioned by the different offices of the blood, the oxygen (received by the lungs from the atmosphere) at the same time is supporting its heat and action, without which, life could not subsist.

The following circumstances produce a diminution of oxygen in the air:—First, A great number of people being assembled together in any place, in which the air has not a free circulation, or where its equilibrium is not restored so quickly as it is destroyed by respiration:—Secondly, Large fires in rooms, from whence the external air is in a great measure excluded; for the fire, in order to support itself, attracts the oxygen and consumes it, whereby the vital property of the air is decreased; and, the larger the fire, the greater quantity of air must necessarily be consumed: hence the impropriety of great fires in small rooms or bed-chambers:—Thirdly, Burning many candles renders the air foul, from the before-mentioned cause, because the flame destroys the purity of the air. It has been ascertained that each person destroys the vivifying principle of a gallon of air in one minute; also that a single candle consumes a similar quantity in the same space of time: which proves that oxygen or pure air, equally supports animal life and flame; for where a candle will not burn, owing to the want of a supply of it, an animal cannot live. These three circumstances are therefore such as destroy the purity of the air, and render it unfit for the purposes of life; so that in a very short time, and even in a spacious apartment, any of them must prove destructive to the vital principle of a large column of air; hence where these unavoidably take place, ventilators become absolutely requisite.

It may be necessary here to observe, that water and vegetables attract and absorb the impure air, and consequently increase the vital property thereof: hence the air in the country, where rivers and vegetables abound, and that on the sea coast, is more salubrious than that of cities and large towns. It is so ordered by our wise and benign Creator, that animals and vegetables afford each other mutual support: for not only that which is throw out of the bowels, of the animal, but also its very breath, while it is eating the herbage of the field, contributes to the life and growth of the vegetable creation.

CURE OF INDIGESTION.

The causes of this complaint, mentioned in the preceding pages, should be religiously avoided, which will be of the utmost importance to the successful treatment of the disorder.

I have made use of various medicines for complaints of the stomach and bowels, usually prescribed in the common routine of the practice of physic such as bark, preparations of steel or iron, and bitters, joined with carminatives, or aromatics; but none of these have acted with so much safety, or have been attended with such beneficial effects, as I have uniformly experienced, during an extensive practice of many years, from the joint use of

THE TONIC POWDERS AND DROPS:

For bark and steel, on account of their astringency, seldom agree with persons afflicted with complaints of the stomach; because they aggravate the inward obstructions which generally accompany these cases, and which most certainly prohibit their use. But on the contrary, the above medicines, of which I have made innumerable and successful trials, tend to remove every inward obstruction, while they give strength to the digestive organs, and invigorate the whole system. It may, therefore, be necessary to make some remarks on

THEIR GENERAL EFFECTS:

The TONIC POWDERS evacuate bile, phlegm, and water; hence they become highly useful, whenever there is a redundancy of bile or phlegm, or any dropical swelling, especially in the feet or legs.—They promote the natural action of the stomach and bowels. They obviate costiveness, and prevent those complaints depending thereon; hence they are of the utmost service in costive habits.—They render the body cool and comfortable; hence they are of the greatest benefit, where there are feverish, hectic, or flushing heats.

In spring and autumn, when a few doses of a purative become necessary with almost every description

of persons, especially those of a full habit; two of the Powders, and sometimes less, taken at once, will be the most adviseable physic.

Many families of the highest respectability are ready to testify, that both they and their children have enjoyed much better health in every respect, ever since they were recommended to take the Tonic Powders; and also that the expense of medicines has been very trifling, since they made use of these, to what it had previously been: For by having recourse to them occasionally when costive, and when any uneasiness or pain of the stomach or bowels, or feverish heat, &c. take place, the constitution is preserved from a variety of complaints, that otherwise would happen. What adds much to the value of these Powers is—that no age, sex, or constitution, nor any circumstance whatever, can render them objectionable.

While the Powders evacuate the indigestible matter, the TONIC DROPS strengthen the stomach and bowels, and thereby prevent a return of the complaints. They likewise strengthen the general and nervous system, without having any astringent quality whatever; hence their great utility in nervous diseases and debility of every kind, however induced.—They create an appetite, expel wind; and they have frequently removed the gout in the stomach, after many other medicines had been given without effect.

When these Powders and Drops are properly taken together, and their use duly persisted in, with a suitable diet and exercise, the indigestible matter of the stomach and bowels will be evacuated, the digestive organs strengthened, and the whole system invigorated, so that the animal machine will thus be empowered to regulate all the secretions and excretions, and health restored to its primary state—effects which any one medicine alone could not possibly accomplish.

DIET.

*The Diet in Indigestion should be particularly attended to; which will not only facilitate the cure, but will also be the means of preserving health, and preventing complaints in general.

BREAKFAST.

MILK is the most proper food for this meal, provided it agrees with the stomach and bowels. It is equally fit at every period of life, is easy of digestion, gives less irritation to the intestines, and occasions less heat to the system, than either animal or vegetable food; because it produces less feculent matter, and does not offend the stomach, unless it forms into too firm a coagulum:—therefore, whenever the digestive organs are weak, it affords a greater supply of nourishment to the body, and with more certainty, than any other kind of food. Upon this account, milk is a most excellent restorative diet, in all cases of emaciation and general debility; also, when the powers of Nature, or the vigour of the constitution, begin to decline, from the advancement of life. It gives both quantity and quality in the most perfect manner to the fluids.

Notwithstanding the good effects of this valuable fluid, it certainly will not agree with all constitutions. In every stomach, milk is more or less coagulated; and so firmly in some, as to resist the solvent power of the gastric juice. Hence arise pain, load and fulness of the stomach and bowels, heart-burn, fever, &c. From what cause this unnatural coagulation happens, has never been ascertained, nor has the prevention of it yet been discovered. The best way therefore, is to avoid milk entirely, where it is found to disagree.

Though nature has appointed milk as a food, well adapted to the tender age and digestive organs of children, from its being both nourishing and easy of digestion; yet, in some families which I attend, the children who have had milk every morning for breakfast, have been sickly, and very often seized with vomiting, purging, and pain in the bowels, fever, and great difficulty of breathing, without any evident cause. Having a strong suspicion that the milk was the occasion of these complaints, I have ordered their breakfast to be changed to common tea, with very little milk in it, or water gruel made with grits; in consequence of which, the above complaints

were removed; and those children, who before were puny, sickly, dull, and constantly ill (arising from the digestive organs being interrupted in their offices by the milk,) have become lively, strong, and in every respect healthy.

TEA—The quality and effects of common Tea have employed the pens of many ingenious men; most of whom agree that it has some peculiar effect on the nervous system, producing tremors, &c. but for my own part, I believe, that in nine hundred and ninety nine cases out of a thousand, it agrees very well, especially the black sort. After study or fatigue, Tea is a most grateful and refreshing repast; it quenches thirst and cheers the spirits, without heating the body; and the agreeable society, in which we so often participate of it, is, in my opinion, no inconsiderable addition to its value; for whatever affords rational pleasure to the mind, will always contribute to bodily health; and I have further to remark in its favour, that diseases in general have been more mild and less frequent in this country, since tea has been universally used; and whatever bad effects have been apparently produced, by the use of this valuable plant, they have evidently arisen from drinking it too strong, too hot, in too large a quantity, or in too great a hurry: whereby a temporary relaxation is induced over the whole system, and consequently faintness and trembling may ensue.

When neither milk nor common tea are agreeable GINGER, or ORANGE PEEL TEA may be substituted; which is made by putting so much of either in a tea-pot of boiling water, as will just give it an agreeable flavour, not too strong, to which a suitable quantity of milk and sugar may be added. It is necessary to caution the patient against the too liberal use of hot watery fluids, as that would increase the debility of the stomach already subsisting.

COFFEE strengthens the stomach, assists digestion, is grateful to the whole nervous system, and serviceable in head-achs, and languor from over exercise, either

of body or mind. In persons of lax fibres, and of cold phlegmatic constitutions, coffee will be found more beneficial than tea, being warmer and more aromatic; but on the contrary, with such as are of a dry, sanguineous habit of body, it is less proper.

For abating the fits of a periodical asthma, strong coffee is recommended by Sir JOHN PRINGLE, which he affirms to be the best remedy he was ever acquainted with; for which purpose, he directs an ounce of the best Mocha coffee to be made into a single cup: and this is to be repeated, after the interval of a quarter or half an hour, but it must be drank without milk or sugar. Sir JOHN FLOYER, who wrote a very ingenious Treatise on the Asthma, was long afflicted with that disorder; but during the latter years of his life, he was kept free from (or at least lived more easy under) that complaint, by the use of very strong coffee.

CHOCOLATE serves as a grateful repast to multitudes of people. It may be considered as a wholesome kind of breakfast to those who like it, and with whom it agrees. It is of an unctuous nature, therefore little or no butter should be used with it.

THE DINNER

Should consist of that kind of food which affords the most nourishment, and is, at the same time, easy of digestion.

ANIMAL FOOD.

A mixture of Animal and Vegetable Food affords the most wholesome diet, and the greatest nourishment; and according to the experiments of PRINGLE and MACBRIDE, makes the sweetest chyle. Animal food tends to induce corpulency, and too great a fullness of the blood vessels; vegetable food, on the contrary, is found too weak a diet for many constitutions, and therefore would be improper to live upon alone; but in regulating the exact proportion that Animal and Vegetable Food should bear to each other, regard must be had to the season of the year,

the state of the weather, the constitution of the body, &c. for, in hot weather, warm climates, putrid infectious air, in full habits, or in persons subject to feverish heats, and those who live a studious or sedentary life, much animal food is improper: hence the propriety of a liberal use of vegetables; but where the climate is cold, the weather clear or frosty, the constitution strong, and much exercise used; also, where the patient is troubled with either wind or acidity in the stomach, animal food should preponderate.

People who are afflicted with Indigestion, General Relaxation, Nervous Diseases, and Gouty Complaints, for whose benefit these remarks are designed, should ever remember that the body is not nourished in proportion to the quantity of food received into the stomach, but according to the degree of perfection with which it is digested; and therefore, however simple the food may be, more should never be eaten than will sit perfectly easy on the stomach; overloading that organ greatly disturbs the process of digestion, and prevents the proper returns of appetite; hence the impropriety of eating without hunger, the recurrence of which should be waited for and satisfied with moderation. No certain quantity of food can be prescribed as a general rule, for what is necessary for one person may be too much for another, and too little for a third. Experience, therefore, must be our only guide. Nothing is of more importance to persons of weak organs of digestion, or debilitated constitutions, than a proper attention to the quantity of their food; though many people appear to be possessed of such powers of digestion, that they never seem to be incommoded therewith; yet the generality of mankind are affected with oppression of the stomach, palpitation of the heart, hiccough, flushings in the face, with hectic heat, after too hearty a meal; and even apoplexies in the robust and plethoric, proceed more frequently from over eating than any other cause whatever; and how often do we hear persons complaining of the ill effects of this or that particular kind of food, when the quantity of all, rather than the disagreement of any,

is the cause of their complaints. The Author of Nature has so formed us, that it is evident we are designed to live on any part of the globe. Our organs of digestion are so constructed, that we may gradually accommodate ourselves to aliment of every quality; but this is not the case in regard to quantity. Nature, by degrees, may be accustomed to subdue and change into nutriment almost every part of the creation, but to quantity she yields.

I shall now consider that kind of animal food which affords the most nourishment, and is the easiest of digestion.

MUTTON, VENISON, BEEF, VEAL, and LAMB.

These are very wholesome meats, and none of them ought to be objected to, unless they disagree with the stomach. If roasted, and eaten with such vegetables as are found to agree, the better.

Broths or Soups scarcely ever agree with a weak stomach, because they relax that organ; therefore they are digested slower, and with more difficulty, and are of a less nutritious quality than solid animal food; consequently they are improper for persons who have weak organs of digestion. I have frequently observed, that meat, even difficult of digestion, will sit much easier upon a debilitated or delicate stomach, than any watery or spoon diet.

Fried meat, or that baked in a pie, is more difficult of solution than that which is moderately roasted or boiled.

Animal food, if kept some time after it be killed, before it is used, becomes more tender and easier of digestion; but it should not be kept so long as to become putrid, for that would render it detrimental to health.

Meat, somewhat rare, is more soluble in the stomach, and affords more nourishment than that which is perfectly, or over-done. It is a common notion that the gravy of meat is unwholesome; on the contrary, it is very nutritive, and is always proper when animal food is necessary.

The fat of meat is nutritious, and more soluble than the lean; but, like butter and oil, it is apt to disorder the stomach.

SALTED MEAT, when frequently used, is unwholesome: being very difficult of digestion; it vitiates the blood and other circulating fluids; but a moderate quantity of salt, taken with our food, seems necessary to assist digestion; as it has been experimentally found to promote the solution of animal substances in the stomach.

High-seasoned food should ever be avoided, because it excites an unnatural appetite, stimulates and heats the stomach, and eventually destroys its tone. Pepper and Ginger are the most heating Spices; therefore they should be used with great moderation.

FISH, in general, is light and wholesome, and is very proper for those who are not able to digest stronger food, and who require aliment neither stimulant nor heavy.—Shell Fish of every kind are the most nourishing. **SALT FISH**, like other substances preserved by salt, is unwholesome.

PORK AND BACON, it is remarked, generally disorder those persons who have weak organs of digestion; however, some people find them wholesome. Young sucking pigs are heavier than full grown pork, because they are fatter.

RABBIT AND HARE are readily digested.

GEESE AND DUCKS are heavy food, and hard of digestion. Turkey is much lighter than either, but rather heavier than the common Fowl and Pheasant. Partridge, Quail, Moor-game, the Woodcock, Pidgeons, and birds in general, are all easily digested, and afford much nourishment.

Mastication, or chewing our food properly, very much assists the stomach in digesting it; therefore should never be performed in a slight or hasty manner.

VEGETABLE FOOD.

Taste and Smell generally direct our choice of vegetables; and it may be asserted, with very few exceptions, that these which are agreeable to those senses

are the most salutary ; and *vice versa*. But it frequently happens, that both taste and smell are vitiated by either luxury or disease ; therefore, when this is the case, those vegetables which sit easiest on the stomach are the most proper.

As Vegetables tend to reduce plethora and abate heat, they are very proper for corpulent, and plethoric habits, and for those who are troubled with feverish heats, or distention of the blood vessels ; and, when accompanied with sufficient exercise, and such medicines as preserve the natural state of the bowels, this diet will remove that inflammatory habit of body, which medicines alone could not effect. At the same time, it should be remembered, that changes in the mode of living should be made gradually. Vegetables are particularly proper in hot climates. They are less stimulant and less nourishing, but more cooling than animal food. They are generally considered as flatulent ; as this quality, however, is never perceived by persons whose stomach and bowels are in a healthy state, flatulency may reasonably be imputed to debility of these organs, rather than the aliment itself.

I shall now consider a few of those vegetable substances, which are chiefly employed as food.

BREAD affords more nourishment than most other vegetable substances, but it is inferior to animal food, both in this respect, and facility of digestion. It should not be eaten till twenty-four hours after it is baked, because it is then much more easily digested than when new.

RICE is highly nutritious, and more easily digested than bread, seldom occasions acidity or flatulency, and perhaps is the most wholesome grain that is used by man. Whole nations in the East subsist totally on rice and other vegetables, yet live long and are healthy. The universal opinion of Rice being an astringent, is founded in error. It is generally prescribed very judiciously as a diet in purgings, and debility of the digestive organs, because it produces less disturbance to the stomach and bowels in digesting than any other aliment.

POTATOES are more easily digested than bread, and very rarely disagree with the most delicate stomach; but they afford less nourishment than either rice or bread, which proceeds chiefly from the large quantity of water contained in their substance; yet many of the Irish, a strong healthy people, live wholly on potatoes and milk. Potatoes, asparagus, and artichokes, often agree with weak stomachs, when cabbage, carrots, onions, &c. will not.

PARSNIPS are agreeable to most palates, and are very nourishing and easy of digestion; some people, indeed, dislike them on account of their sweetness, but this is a proof of their nutritious quality. The poor people, in some part of Ireland, it is said, make beer from this root.

TURNIPS not only afford wholesome nourishment for man, but also furnish the principal food for cattle in the winter; and the sprouts, if gathered very young, make an excellent salad.

BEET ROOT is easy of digestion, contains a considerable quantity of sugar, and consequently is nourishing.

Celery, Lettuce, Endive, Radish, Cucumber, and Melon, which have not been subjected to the action of fire, contain the whole quantity of their fixed air, and are therefore more difficult of solution than other vegetables.

It is a fact worthy of remark, that the boiling of vegetables thoroughly, extricates a quantity of fixed air, which renders them less liable to produce flatulency or wind.

BUTTER, and the expressed Oils of Vegetables, are extremely nutritive; but they are difficult of digestion.

EGGS are nutritious, and are very light food when moderately boiled.

FRUITS.—These, in general, afford a mild and wholesome nourishment, and a proper use of them greatly contributes to the preservation of health. Ripe fruit extinguishes thirst, moderates heats, opens the body, and affords a most grateful sensation to the

stomach. It is a mistaken notion, that those complaints of the stomach and bowels, which happen in summer and autumn, arise from the quantity of Fruit taken at that time. When we consider the nature of the secreted fluids, which, at those seasons of the year, have a putrid tendency; together with a similar disposition in the state of the air; we must reasonably conclude, from the acescent quality of Fruits; that a moderate use of them would not only tend to cure, but would, in a great measure, prevent those bilious disorders so usual at the latter end of summer. In hot countries, the parched inhabitants are provided with the finest and most choice variety of acid or acescent fruits adapted to their situation. Dried fruits are more nutritive than the green, though less soluble in the stomach. Fruit of every kind is very improper after a full meal.

ACIDS, particularly the native vegetable ones, moderately used in diet, are grateful to the stomach, assist the appetite, promote digestion, cool the body, quench thirst, and correct a tendency to putrefaction. They are consequently of service in hot bilious habits. They also dissolve viscid phlegm; but the too liberal use of acids often disorders the stomach and bowels, and, it has been asserted, occasions a return of the gout.

SUGAR is the most nutritive thing in nature; therefore the saccharine part of vegetables is very justly thought to afford the greatest nourishment. Honey and Sugar possess this saccharine principle in its most concentrated state; and where they agree, if used in moderation, are very wholesome.

NUTS are certainly nourishing, but difficult of digestion: hence the impropriety of introducing such substances in deserts, when the stomach is sufficed with other food. Nuts should always be eaten in great moderation; for too large a quantity of them oppresses the stomach, excites pain, and disturbs the process of digestion.

The walnut is the tenderest and most easy to digest, and the Filbert is justly preferred to the common nut.

They should be kept in a cool place, so as to be easily peeled.

A variety of food, at one meal, is unwholesome, because it induces the person to eat more than the stomach can digest with facility.

DRINKS.

These must be of that kind, in debility of the digestive organs, which will best agree with the stomach, and produce the least heat, wind, or distention.

MALT LIQUORS are certainly the most salutary, as well as the most natural to the constitution. They are perfectly well calculated to dilute the food, and quench thirst; and when they agree with the stomach, they promote digestion, and procure sleep. They should be taken cold; because, when drank warm, they are relaxing, and most apt to produce wind.

TABLE BEER, well brewed, and of due strength and age, in my opinion, is the best drink in the world for general use: and it was strongly recommended by the great Dr. SYDENHAM. But where it cannot be kept long without turning sour, it generates flatulency or wind, and is therefore improper.

PORTER, or home-brewed ALE, of a moderate strength, and proper age, is a very good drink at meal times, especially at supper.

WINE—If malt liquors cannot be admitted, owing to their producing an unnatural fermentation in the stomach and causing wind, white wine and water is an excellent light liquor; and, if it do not turn acid on the stomach, may be allowed for common drink. After dinner a few glasses of wine may be taken, provided the patient has been accustomed to a full diet. Wine, prudently and moderately used, is of service to persons advanced in life, or where Nature is on the decline; in general relaxation, and in all low, nervous, paralytic, and dropical cases; but on the contrary, for persons of a full habit, and to those who are in perfect health, wine is highly improper. Young persons, especially those who have naturally weak stomachs, should not accustom themselves to the

creation; and some part of mankind during their whole lives, take no other. The state of health those persons enjoy, the hard labour and fatigue they are able to undergo, shew that water is well suited as a drink to answer every purpose of the animal economy. That kind which has no impregnation sensible to the sight, taste, or smell, is the best for use.

SUPPER.

The patient should take very light suppers, and not go to bed directly afterwards. Bread, and good Cheshire Cheese is a food, in my opinion, not inferior to any thing; yet there can be no objection to a small quantity of animal food, taken with any of the liquors already enumerated.

REST and EXERCISE.

Respecting these the following mode may be adopted as a good one; namely, that of allowing eight hours for labour, or exercise, eight hours for pleasure or amusement, and the same length of time for sleep or rest; though some people require more of the latter. The patient should pay great attention to proper rest; for by the want of this, the tone of the nervous system becomes greatly diminished, and a weak circulation is produced: hence arise paleness, languor, coldness, and dejection of spirits. By the neglect of Rest and Sleep, vertigo, violent head ach, anxiety, hysteric disorders, hypochondriac complaints, and absolute insanity, frequently arise. No pleasure whatever can in any measure compensate for the loss of regular hours of sleep.

Excess of sleep (as observed in a work lately published,) is not less prejudicial than the neglect of it; for thereby a slow circulation is produced, the fluids corrupted, the solids relaxed, and the whole body sinks by degrees into a complete state of inactivity. It also occasions obesity, and an indolence both of body and mind; produces plethora, or too great a quantity of blood; the secretions and excretions are diminished; and we often find that long sleepers are

troubled with indigestion, costiveness, and obstructions.

Exercise promotes a mutual action of both solids and fluids; it increases animal heat; it invigorates the heart, and occasions an equal distribution of the blood, and other circulating fluids through the whole system; it increases the action of the stomach with respect to appetite and digestion, and therefore is of the utmost service in cases of indigestion, and general weakness; it likewise renders the body less liable to the malignant influence of the weather, and to the attacks of putrid diseases.

The salutary power of exercise and good air is particularly exemplified in the laborious country people, who, notwithstanding their indifferent food, are generally healthy and strong; and the good effects produced by exercise are most evident when it is pursued with pleasure and moderation, and sufficiently continued; and during the course of which the person breathes in a pure clear atmosphere.

WALKING is the most natural as well as the most wholesome of all exercise; but when this cannot be complied with, riding on horseback, or in a carriage should be substituted.

FRICITION—If the region of the stomach and bowels be well rubbed with the flesh-brush or flannel every morning and evening, it will be found of greater benefit to those who are troubled with indigestion, nervous diseases, and general relaxation, than is generally imagined. It will occasion a discharge of wind, by consent of parts, merely from the principle of irritability, or that property of the muscular fibres to re-act when acted upon by a gentle stimulus, and by which the contiguous parts are brought into action. If the whole body be well rubbed, perspiration will be encouraged, and the general circulation quickened. This species of exercise may be looked upon as a kind of gentle electricity, which will generate heat, and strengthen the fibres. The ancients, who were sensible of the advantages resulting from this practice, not only used it as a remedy, but also as a daily method of preserving health.

SWINGING is productive of great benefit to the constitution.

STUDY—Excess of study is so powerful a cause of indigestion, nervous diseases, hypochondriasis, and the gout, that I find very few men of learning are free from these complaints. Intense thinking wears out the constitution more than the most laborious exercise.

The brain, which is the immediate seat of thought, the nerves which arise from it, and the stomach, which is furnished with many nerves of an exquisite sensibility; are the parts first attacked, and commonly most injured, by the immediate labour of the mind; and, if it should continue for any length of time, almost all the parts of the body become partakers of the injury. Natural history, the history of men and manners, rhetoric, belles-lettres, and experimental philosophy, together with other subjects of amusement, may be moderately pursued without the smallest detriment to health; for the mind of the reader, on these subjects, is generally passive, and chiefly engaged in attending to facts.

AIR.

The patient should reside where the atmosphere is pure and dry, because pure air increases the elasticity of the muscular fibres, braces and invigorates the whole system, supports the vitality of the blood, and greatly contributes to the restoration and preservation of that principle in the animal economy called Irritability, on which health wholly depends: hence it facilitates the cure, not only of Indigestion, but also of nervous diseases, and general relaxation. If the air, which must be either one of the most salutary or pernicious agents, be moist, or contaminated with noxious effluvia, it will render the constitution unhealthy, and also considerably impede the good effects of the remedy, however powerful.

Foul air is most peculiarly inimical to the nervous system; it relaxes and enfeebles the general habit, and often produces diseases of the lungs. In great cities, the air is vitiated by being impregnated with

smoke, and various exhalations arising from putrid substances : hence many persons, who are under the necessity of living some time in the unwholesome atmosphere of this great metropolis, suffer materially in their health. Those persons, therefore, who are obliged to spend the day in close towns, ought, if possible, to sleep in the country. Breathing pure air in the night will compensate, in some measure, for the want of it during the day. The patient's chamber should be cool and spacious, the curtains of the bed kept constantly open, and the bed clothes so regulated as to maintain only a moderate degree of warmth.

Places, where a number of persons are crowded together, ought always to be well ventilated, especially schools ; and it is the duty of parents to pay particular attention to the manner in which their children are accommodated in this respect. The same caution is necessary with regard to nurseries, servants being in general fond of hot and close apartments. A few years ago, a remarkable instance occurred, which shews the dangerous effects of foul stagnant air ; eighteen children and a servant slept in one apartment, in King-street, Golden-square ; to render the room warmer, they shut up the chimney, and used every other expedient to exclude the cold air : the consequences of which were, that the servant, and ten of the children, were seized with excruciating pains in the pit of the stomach and back, violent head ach, delirium, and convulsions.

A very general error prevails among mankind, in exposing the body too much to the action of heat, with a view to preserve it from the pernicious effects of cold. The influence of the latter will be the least considerable, on those persons who are most frequently but prudently exposed to its action. Those who keep themselves, and their children, constantly in a warm room, become greatly relaxed, and are seldom without a cold or cough, from which most of the consumptions in this country originate : for if, in addition to the general debility arising from such neglect

of air and exercise, we consider the effects of the medicines usually prescribed to cure the cough (which being generally composed of syrups and oils, must, if long continued, relax the stomach and pall the appetite) we need not wonder, if, instead of the cold being removed, an incurable consumption be induced. This observation applies also to studious men, who live a sedentary life among their books, in an atmosphere which, being seldom renewed, is in-elastic, and full of noxious vapours: by this they are heated, relaxed, and rendered heavy and low spirited; and the bad effects arising from study and want of exercise, are greatly increased. Let me, therefore, earnestly intreat those, who have it in their power, to accustom themselves to the open air and exercise, as the most probable means of preserving health and preventing diseases in general.

As most authors, who have hitherto written on the subject of regimen, have been unintelligible to readers in general, and have laid down rules too trifling to be attended to, or too rigid to be complied with; I have therefore, with a view to render this work as useful as possible, treated this subject, respecting food, drink, exercise, and air, as full and explicit as science and experience would admit: I shall now, in a similar manner, treat on

SEA, AND GOLD BATHING.

Bathing being one of the remedies for indigestion, general debility, and nervous diseases, I shall here make a few observations respecting its use.

Sea or cold bathing affords more strength to the general system, and produces a greater elasticity of the muscles and vessels, than any other remedy; it accelerates the motion of the blood, and promotes the different secretions: for though the water only acts immediately on the cutaneous nerves and blood vessels, yet, its benign influence, is, by sympathy, communicated to every part of the machine. But where this efficacious remedy has been improperly applied, it has produced the most baneful effects, it has radicated more deeply

in the habit those complaints which it was intended to cure, and rendered them for ever incurable.

Indeed on reflection, this is not to be wondered at; for most persons imagine themselves qualified to judge, and boldly venture their opinion, of the propriety of Bathing, although they may be totally unacquainted with anatomy, physiology, the history of diseases, the science of medicine, or philosophy in general; and consequently are incapable of discriminating in respect to the disease, or the constitution of the patient; but certain it is, that no remedy whatever, can require a more accurate knowledge of these subjects, than Bathing.

Under these considerations, therefore, the following remarks are offered to the public, in order to obviate those pernicious effects, which too frequently arise from an indiscriminate use of Bathing.

Previous to laying down particular rules, it may be necessary to premise the two following general ones; that people may be able to form a judgment whether bathing is likely to prove useful, or injurious to the constitution.

First, Where the patient, on coming out of the Bath, feels an universal pleasant sensation of glowing warmth, the elasticity of the muscular fibres seems increased; and the nervous system strengthened, and, as it were, re-animated; these are proofs that it agrees perfectly well with the constitution; and, if properly continued, will be of infinite service: because it thereby evidently appears, that the re-action of the heart and arteries is increased, and consequently, an equal distribution of the blood and other fluids to every minute vessel, is produced.

Second, But, on the contrary, where on coming out of the Bath, the patient feels a sensation of cold, attended with shivering, depression of spirits, pain in the head, or in any other part of the body, universal lassitude or weariness, as though just come from hard labour; these are signs that bathing does not agree with the constitution; because they evidently shew, that there is such a defect of irritability in the habit,

that the heart and arteries are unable to overcome that constriction of the cutaneous vessels, which is the primary effect always produced by bathing, or, the application of cold and pressure to the surface of the body.

These two general rules should be particularly attended to; for, by an accurate observance thereof, either a great deal of good may be done by bathing, or much mischief prevented.

CASES IN WHICH BATHING WILL BE BENEFICIAL.

Whenever there are symptoms of universal debility, arising from inanition, or want of due nourishment; such as, loose or flabby muscles, weariness or languor over the whole body, a sense of fatigue upon the slightest exertion of the muscular system, and an increased perspiration upon using very little exercise, &c.

In a debilitated state of the nervous system, the judicious use of bathing will certainly prove of the utmost utility; especially in faintings, convulsions, tremblings, depression, or dejection of spirits, head-ach, hystERIC diseases, hypochondriac complaints, and where the person is alarmed on every trifling occasion.

The cold or sea bathing should be used in general, in the morning before any food has been taken; though, at the same time it may be necessary to observe, that some constitutions cannot bear it previous to a light breakfast; with such it should be used between breakfast and dinner, but not so soon after the first meal as to interfere with digestion.

The frequency of bathing, and the time of continuing in the water, can only be determined by the nature of the complaint, and the strength of the patient. It should not be used oftener than three or four times a week, by persons of a spare and naturally delicate habit; and those persons should only make a single immersion, and come out immediately. Those of greater strength may use the bath more freely.

The best time of the year for bathing, in general, is to commence about the middle of April, or be-

ginning of May, according to the temperature of the season, and to continue it no longer than a month, or six weeks at a time; and it should never be employed later in the season than the beginning of November. By thus allowing an interval between the bathings, a salutary change may be induced in the solids and fluids; whereas had bathing been persisted in many months without intermission, it would not only have lost its tonic power, but debilitating effects might have been produced. I have frequently observed that the good effects of other tonic remedies, as well as the cold bath, are not always to be perceived during their use; for after taking them regularly about three weeks, or a month, with little or no apparent benefit; yet, on discontinuing them, I have been surpris'd at the very rapid manner in which the patient has been restored to health: which serves to prove that strengthening remedies extend their effects much beyond the time during which they are employed.

A day or two previous to bathing, a proper dose of the Tonic Powders should be taken, (two papers will generally be sufficient,) so as to procure two or three motions, in order to evacuate the crudities of the bowels; which would, if allowed to remain there, prevent the bathing from having the desired effect.

Likewise, during the use of bathing, particular attention should be paid to keep the body properly open: especially in those persons who have weak organs of digestion: for, if this be neglected, many bad consequences may ensue; as a congestion in the abdominal viscera, fevers, violent pain in the head, and even apoplexy may be produced. For this purpose I recommend the Tonic Powders, because they operate without producing any uneasiness, either in the alimentary canal, or the system in general, and do not, like most purgatives, as before noticed, induce a constipation of the bowels, or a languid state of the body, after their operation; but by their tonic quality, they tend to strengthen the digestive organs, and consequently the whole habit; thereby favouring the intention with which the bath is em-

ployed.—The sea water, which is generally taken during bathing to obviate costiveness, weakens the digestive organs, and tends to debilitate the whole system by its stimulating purgative quality; therefore it should not be drank while bathing is necessary.

Immediately on coming out of the bath, the whole body should be wiped perfectly dry, as expeditiously as possible—this promotes the circulation to the surface, and thereby assists in regulating the secretions, upon which most of the good effects of bathing depend.

Sea bathing has been found more efficacious than the cold, owing to the salt contained in the water, which stimulates the cutaneous vessels, and causes an increased determination of the fluids to the surface of the body. Upon this principle, where sea bathing could not be obtained, I have ordered a quantity of salt to be added to the water in which the patient bathes at home.—It has been computed that every gallon of sea water contains five ounces and a half of salt; the fresh water intended for bathing should, therefore, be impregnated with salt in the like proportion.—Both the water and the salt should be renewed every other, or third day.

I have frequently known the beneficial effects of bathing greatly promoted, especially in weakly, nervous habits, by taking two tea-spoonfuls of the Tonic Drops, in a glass of water, as soon as the patient comes out of the bath; and, in the course of my practice, I have often observed, that universal, pleasant, glowing sensation, &c. take place, by the assistance of this medicine, where, without its salutary influence, bathing would have been prejudicial.

Having thus described the particular cases, in which Sea and Cold Bathing will be found of the utmost benefit, I proceed to point out those states of the system in which its use would be very injurious, and which should be particularly attended to by every individual, previous to bathing.

1st, When the patient labours under any actual disease, or obstruction of any of the viscera, or internal parts, either of the abdomen or thorax,—Hence

bathing is extremely improper in Consumption of the Lungs, Asthma, Jaundice, or in a diseased state of the liver, kidneys, bladder, or womb*: because, by the gravity and coldness of the water, the blood and other fluids are driven from the extremities and surface of the body towards the internal parts, and occasion an increase of the diameter of the vessels, which, being already in a state of disease, are unable to bear so great and sudden a determination; and, owing to the resistance they are compelled to make by a certain law of the animal economy, either an inflammation or rupture of those vessels may ensue, or at least, the existing disorder may be greatly aggravated. This observation holds good with respect to the effects of the atmosphere, in winter and spring; for, by reason of its coldness and pressure, the blood is much disposed to inflammation; consequently, inflammatory complaints are more frequent at those seasons, than in summer; and also consumptive and asthmatic disorders are rendered more violent by the same means.

2dly, While the body is in a costive state—Because bathing, by constringing the cutaneous pores, throws back the fluids upon the bowels, thereby increasing the distention already subsisting there and in the neighbouring parts, and, of course, must inevitably debilitate, instead of strengthen the digestive organs: even sometimes apoplexy, and many other complaints of the head, may be the consequence.

3dly, When there is an intermitting, remitting, or

* I have seen many dreadful effects, produced by bathing at the time when the womb has been diseased——About two years ago, I attended a lady for a complaint of that part, of which she was cured apparently, except sometimes a small degree of pain. The following summer she consulted me about the air of the sea coast, and bathing. I advised her to go to Margate, for the benefit of the air during the season, but in the strongest terms dissuaded her from bathing. However, not being satisfied with my opinion, as it did not accord with her own, she consulted another gentleman, who was unacquainted with her complaint; by whose advice she bathed in the sea, which caused a return of the complaint with great violence, and of which she soon died.

hectic fever, or during the presence of any periodical disease whatever. Because, the sudden and great change, produced by the coldness of the water, aggravates these complaints. It has been said, that the ague has been perfectly cured by plunging into the cold bath at the commencement of the fit; but this is by no means a safe experiment, for if the disease should not be cured by it, the violence thereof will be greatly aggravated.

4thly, When there is an increased determination or flow of blood, either to the head or breast.—Hence people should be very cautious of bathing who are disposed to inflammation of the Lungs, Consumption, or Head-ach, or subject to a Cough; because the cold or sea bath, by its principal and natural effect of repelling the blood to the internal parts, must increase the congestion already present, and accelerate the coming on of the disease. This is not the only evil that may be induced, for Apoplexy, Inflammation of the Membranes of the Brain, or, what is yet more dreadful, Insanity, may be occasioned; which I have good reason to believe, has more frequently taken place from this cause, than is generally known or imagined.

5thly, While there is an increased or preternatural heat of the body—Because, by the sudden check given to the circulation, the *Vis-medicatrix-naturæ* may be excited to such a degree, as to produce either a Fever or local Inflammation.

6thly, While there is a diminution of heat, or sensation of cold present—Because the constriction of the extreme vessels, already taken place, would be so increased by the immersion as to excite a violent degree of re-action in the heart and arteries, which might produce effects similar to those last mentioned.

7thly, While there exists a plethoric state of the body, or too great a fulness of the blood vessels—Because an increased quantity of blood would be sent to those vessels already too much distended; so that there would be danger of rupturing them, or of exciting inflammation of the brain, or some of the viscera.

Instances daily occur, where inflammations, boils, abscesses, and ulcerations, of the external parts, very difficult to heal, are, in that particular state of the constitution above specified, occasioned by bathing; for, although there may be evident signs of universal debility, which seem to indicate the propriety of bathing, yet it should be remembered, that this debility may arise from general distention, and not from want of nutrition.—These two species of debility require remedies directly opposite; therefore they should be distinguished from each other with the utmost accuracy, previous to bathing; by which means much mischief may be prevented.

Instead of Cold or Sea Bathing in this last case, the use of the Tonic Powders will be of infinite service, as they combine an evacuant power with their tonic quality. They should be taken so as to procure three or four motions daily, and should be persisted in for ten or twelve days, or while any uneasy sensation remains.

8thly, During the presence of the Hæmorrhoids, or Piles—Because the Cold Bath will, most probably, repel the blood suddenly from the hæmorrhoidal veins, where Nature had deposited it, in order to relieve the general habit; so that, by the interruption given to her salutary operations, a determination to the head and lungs may ensue, and, in consequence, many disorders of those parts, as well as a train of other melancholy diseases, may arise. I have known many instances where people have died of inflammation of the lungs, arising from the application of cold, by sitting upon damp ground at that particular time, and by putting on a pair of small clothes not properly aired.

9th, While any natural periodical discharge continues—Because, many complaints of the most malignant nature may be produced. This observation should be particularly attended to by women, whom it more immediately concerns.

10th, Bathing should not be made use of very soon after inebriation, or any other irregularity; because the body would be too weak to bear the shock.

11th, It should not be used, but with the utmost caution, during the whole period of pregnancy—Because, during that time, especially in the early months, the patient is seldom able to bear so sudden a shock to the system in general, or so great a determination to the womb in particular; therefore abortion, as well as great mischief to the constitution, may be expected from the indiscriminate use of bathing under that circumstance.

12th, Women in general should never bathe, but upon the most urgent necessity, and then not without proper advice—Because very few of them can bear so sudden and so great a shock, owing to the exquisite sensibility of their nerves, and the irritability of their general system. The same observation holds good with regard to children: many of whom I have known thrown into convulsions, as well as women into hysteric fits, by the very sudden and violent shock given to the nervous system, by immersion in cold water.

I am much against accustoming children to the cold bath, as the ingenious Dr. Buchan advises in his Domestic Medicine, at a very early age, (unless necessity absolutely requires it), or continuing it too long. I have, for my own part, no notion of endeavouring to prevent complaints, which, in all probability, would never happen, unless some or all of the occasional causes on which most of the diseases of children depend, were applied; such as, food in too great a quantity, or of a pernicious quality, want of due exercise, neglect of cleanliness, and confined air. By removing these causes, or, what is still better, never applying them, we should, in ninety-nine cases out of a hundred, find the cold bath, as well as all other remedies, unnecessary. At the same time, I wish it to be understood, that I have a very high opinion of cold bathing, when there is a real indication for its use; but, on the other hand, I think it extremely cruel, to be teasing a child with a pretended remedy, while it is in perfect health.

Cold Bathing is likewise improper at, or near the

time when a return of the gout is expected: for a little before the recurrence of this disease, irregular determinations generally take place; sometimes to the head, affecting it with pain and giddiness; sometimes to the lungs, producing a difficulty of breathing; and sometimes to the stomach and bowels, causing sickness and pain. Bathing, at this time, would encourage these determinations, and prevent the gout from fixing in its proper seat, the extremities; in consequence of which, violent inflammations, and the most fatal effects, may follow.

It should also be used with great circumspection after the gout is gone off; because, in general, the body is too much debilitated by that disease to be able to bear the violence of the shock. For the same reason, bathing is improper in all cases of extreme debility, from whatever cause it may arise.

Cold, or sea bathing, cannot be safely employed during the action of any irritating cause in the system—Because that irritation would be much increased by the strong re-action of the heart and arteries, which is one of the secondary effects of bathing. Hence it is improper in glandular obstructions, when they have arrived to a certain pitch. It can only be used with advantage in an incipient state of the disease, and even then should be employed with great caution.

The sea air and exercise contribute greatly to the good effects of bathing, and very frequently prove extremely beneficial to those persons, in whose cases bathing, according to the foregoing rules, is strictly prohibited. In my opinion, the recovery of the patient has been often attributed to bathing, when in reality, it was merely owing to the following circumstances:

1st. The purity and coolness of the sea air.—2d. The mind being totally disengaged from anxiety or business.—3d. The amusements and company of the place, joined with exercise.

The sea air is rendered by the water,—1st, More pure—2d, More cool.

The first, by the sea water absorbing those impurities, or noxious particles, with which the air in large towns and cities is replete. For which reason it must be better adapted to the purposes of respiration; as the oxygen, or basis of vital air, thereby becomes increased in proportion; by which means the blood is more fully impregnated with the vital principle.

Second, The air is rendered more cool, by its passing over so large a tract of water. Hence, near the sea, are felt none of those unpleasant sensations which arise from the heat of the air in summer, in large cities or inland places; but a constant cooling refreshing breeze is perceived, so congenial to the feelings, and so advantageous to the health of man; which moderates the excess of heat, prevents its irritating and debilitating effects, and produces the most salutary consequences.

HABITUAL COSTIVENESS.

This often produces inflammation of the bowels, loss of appetite, sickness, wind, and pain of the stomach, giddiness, and pain of the head, and is the most frequent cause of the piles; it also proves more injurious to women during pregnancy, than any other cause whatever.

Diseases more frequently originate from costiveness than has hitherto been imagined: and the success I have met with in practice, by obviating this circumstance, I am convinced, justifies the remark.

A great variety of aperient medicines have been prescribed, to remove costiveness; such as lenitive electuary, infusion of senna, aloes, Daffy's elixir, sulphur, &c. These I have used, with many others, but never yet found a medicine that would act with so much certainty and safety, as the Tonic Powders; because, as observed before, they may be taken by persons of any age, sex, or under every circumstance of the constitution; as they do not, like other opening medicines, excite an unnatural stimulus of the stomach and bowels, in order to produce their effect; nor does their operation, which is both mild and ef-

fectual, interfere with the occupations of life. Those persons who are troubled with costiveness, should visit the customary retreat every morning, and endeavour to promote the necessary evacuation; by which means the Tonic Powders may be somewhat assisted in their operation.

There is a peculiar costiveness, affecting studious people, and those advanced in years, which very frequently causes inflammation in the bowels, often terminating fatally in the course of a few days: such persons should never be without the Tonic Powders, but should take them occasionally as circumstances may require. I have every reason to believe, that with these Powders I have preserved the health of hundreds; as they are so benign in their effects, that they have invariably improved the constitution of those who have taken them.

These Powders are widely different in their effects from Anderson's, commonly called Scotch Pills, which are injurious to the constitution in the following respects:

1st, Anderson's Pills, after their purgative operation is over, leave a constipated state of the bowels.

2dly, They heat the body, therefore cannot be employed, with propriety, in every constitution.

3dly, They stimulate the rectum, or lower bowel, thereby producing the Piles—a highly disagreeable and painful disorder, which often terminates in fistula.

4thly, They have a peculiar effect in making women unwell at an improper time, owing to their stimulating the part mentioned before; and are not only unsafe, but extremely dangerous, during pregnancy.

5thly, Aloes, of which these pills are composed, is of such a nature, that, when the bowels become habituated to its use, they will not act properly without it.

On the contrary, the Tonic Powders have quite different effects:

1st, They induce a natural state of the bowels, after they have operated as a purgative.

2dly, Instead of heating the body, they abate irritation, and render the patient cool and comfortable.

3dly, Instead of producing the Piles, they prevent or cure them; as numbers have experienced, who have taken them by my directions.

4thly, In pregnancy, I have had repeated opportunities of proving the good effects of these powders; wherein they alleviate, or prevent, all the uncomfortable symptoms, (especially the sickness and retching,) which occur during that particular period.

5thly, They have quite a contrary tendency to the aloes; as they not only produce a natural action of the bowels after being taken a little while, but may be left off at any time, without the least inconvenience.

GIDDINESS AND PAIN OF THE HEAD.

These, though ultimately arising from too great a flow of blood to the head, or an exquisite sensibility of the nerves, yet, in general, originate in a debility of the digestive organs, owing to the sympathy which subsists between the brain and the stomach. The Tonic Powders have repeatedly cured these complaints, after other medicines have proved ineffectual.

Where the pain of the head is periodical, or returns at regular stated times, from fifteen to twenty-five drops of Tincture of Opium, taken in water, half an hour before its return, or exactly at the time of its coming on, has cured this complaint, after the Peruvian Bark had been tried in vain. The Body should be kept open with the Tonic Powders, during the use of the Opium, or it will not have the desired effect.

Persons afflicted with pain of the head, whether constant or periodical, ought to apply for a remedy in due time; for, should it continue long, it will destroy the sensibility of the nerves, (the common effect of pain,) and terminate in a privation of some one, or more of the senses; as sight, smelling, hearing, or taste: even a palsy, or apoplexy, has too often been the consequence of neglect in these cases.

SICK HEAD ACH.

Though this complaint has not been taken notice of by writers, yet I have frequently met with it in practice. The studious, sedentary, and inactive people, and those troubled with stomach complaints, and of a relaxed habit, are most exposed to this disorder.

This complaint, for the most part, proceeds from inattention to diet, either in respect to quantity or quality, or both.—There are many things, which unless taken with the utmost caution, in some constitutions frequently occasion the sick head ach; such are, melted butter, fat meats, and spices, especially pepper. Meat pies often contain all these things united, and are as fertile a cause of this disease as any thing I know. Strong liquors will produce similar distresses to those who are not accustomed to them. Want of sleep, or uneasiness of mind, and also a costive habit, are very common causes of this malady.

For the cure of this disorder, I have prescribed the Tonic Powders with the utmost success.

PILES.

This disorder is occasioned by complaints of the stomach, a determination or flow of blood to the parts, an increased heat of the body, or a costive habit, and also by those medicines which are composed of aloes. The Tonic Powders will not only cure this complaint, but also remove those causes, from whence it originates.

NERVOUS DISORDERS.

Whenever the patient has been troubled with faintings, tremblings, depression of spirits, alternate shiverings, flushing heats, languor and fatigue over the whole body, the Tonic Powders and Drops have cured great numbers of people, after various other methods had proved ineffectual.

The following rules should be attended to, during the cure of nervous diseases:

The causes of indigestion must be avoided.

The quantity and quality of the food should be re-

garded ; more must never be eaten, than will sit perfectly easy on the stomach ; and that quality must be avoided, which is known to disagree ; a small quantity of aliment, at a time, and frequently taken, is more beneficial than a full meal.

Spoon diet should be taken sparingly, because it weakens more than strengthens the body ; in short the solid food should be increased, and the fluid aliment diminished, unless in aged people.

Animal food should bear a greater proportion than vegetable ; especially in winter ; particularly in those persons who are troubled with wind or acidity in the stomach. Roast meat is preferable to boiled.

The drink must not be heating or stimulating to the stomach :— I have known several people prevent the return of nervous complaints, by taking no other drink than water.

Drams must be avoided ; for though they may raise the spirits, and give present ease to a disordered stomach, yet they will ultimately increase the complaint.

Sleep and rest should be at least eight hours out of the twenty-four, sometimes nine will be requisite ; for those afflicted with these complaints, require a great deal of rest ; and some people hurt themselves by a contrary practice.

Exercise must be regularly used, but not to a very fatiguing degree.

The stomach and bowels should be well rubbed, every night and morning, with the flesh brush or flannel ; which will prove of great service to such persons as are afflicted with nervous complaints, or wind in the stomach.

The mind should be kept serene and tranquil, and study and disputes, upon every consideration, avoided.

A comfortable warmth ought always to be preserved, but much heat avoided.

Moist, contaminated, or confined air, produces debility and depression of spirits, therefore the patient should reside where the atmosphere is dry and pure : hence the propriety of country air, or that on the sea coast.—

Those nervous persons, therefore, who are obliged to live always in London, or in close towns, should if possible reside for one or two months in the summer on the sea coast, in order to obtain the benefit of that air; which will increase the vitality of the blood, brace the relaxed nerves, and give tone to the muscular fibres.

The sea or cold bath should be used, though with great judgment and discretion.

The reason why a remedy for nervous complaints has not been more frequently obtained, is because the patient becomes unsteady, owing to the length of time necessary to complete a cure, and runs from one physician to another, till at last he becomes dissatisfied, and loses confidence in every medicine, though it may be calculated for curing the complaint upon the best principle.

For a fuller account of Foods, Drinks, Exercise, and Air, see the remarks on these subjects under Indigestion; and for the use of the Sea or Cold Bath, see the observations on that head.

COLIC, whether BILIOUS or FLATULENT.

Bilious disorders are very frequent about the latter end of summer, or beginning of autumn, arising from an increased secretion of bile, usual at that time of the year, inducing violent pain in the stomach and bowels, accompanied with wind, and sometimes vomiting and purging. The Tonic Powders gently, though effectually evacuate the bile, or the morbid contents of the stomach and bowels, while the Drops restore their due tone.

A particular attention should always be paid to keeping the bowels in a regular state, in all bilious and flatulent habits, by the use of the Tonic Powders.

GOUT.

I shall give the history of this disease exactly as it has occurred in my practice.

It is distinguished into the Regular and Irregular Gout.

Although the Regular Gout sometimes seizes sudden-

ly, without any signs of its approach, when seemingly the patient is in the most perfect health; yet the fit is often preceded by some of the following symptoms: Loss of appetite, acidity, flatulency, uneasiness and fulness of the stomach, general languor, various nervous symptoms, and a sensation as if cold water were trickling down the thighs; sometimes a keen appetite takes place the day before the fit.

The patient, at the commencement of the Regular Gout, is waked about midnight, or one or two in the morning, with a very violent pain of the foot, generally in the great toe, but sometimes in the ankle, often attended with chilliness and shivering, which are succeeded by some degree of fever. The pain increases every hour, and comes to its height towards evening, which becomes so exquisite that the patient is scarce able to endure the weight of the bed clothes, nor the shaking of the room from a person's walking across it; and hence the night is not only passed in pain, but likewise with a restless removal of the part affected from one place to another, and a continual change of its posture. The pain commonly remits in about twenty-four hours from the first approach of the fit, and then the patient falls asleep, and a gentle moisture comes over the whole body, as well as on the pained part, which then appears swelled and red.—In general the pain abates when the part swells. The patient continues easier through the day; the pain, with some degree of fever, increases towards evening, and after a restless night, they both remit in the morning with a gentle sweat. The pain after being for some time fixed in one place, shifts to another, and in this way visits most parts of the foot, and in a few days removes to the other foot, and affects it in the same manner.—The urine is high-coloured, and not in the usual quantity; but in the decline of the fit, it becomes copious, with a large sediment; during the fit there is usually an uncommon flow of spirits, and clearness of understanding. When the fit is going off, the parts are affected with a violent itching, especially between the toes; the cuticle falls off, and a lameness is

left proportioned to the severity and length of the disease.—The duration of the fit is uncertain ; but in general, when the pain is most violent, it is of the shortest continuance, and the interval between the fits is longest.

Those symptoms which constitute the irregular or flying Gout, are as follows:

The Irregular Gout seizes the hands, wrists, elbows, knees, and other parts, as severely as the regular gout did the feet. It often affects the stomach with very violent pain, sickness, distention, loss of appetite, acid eructations, wind, &c. ; the bowels with griping and fulness ; the head with pain, giddiness, and sometimes loss of memory ; the lungs with difficulty of breathing, and the kidneys with pain of the back ; all of these alternate with pain and swellings of the joints.—It frequently produces disorders of the nervous system, consequently the mind, which sympathises with the body, becomes affected ; so that it is not easy to determine which of the two is most affected.—In feeble or broken constitutions, or when the disease has been of long duration, the fits become less severe, but continue longer, and the disease becomes more moveable.—After a regular fit of the gout, the patient enjoys perfect health ; which is not the case after an irregular fit.

When the gout has continued long, it often produces chalky concretions, weakness, rigidity, or stiffness of the joints, and sometimes absolute lameness.

This disease is not dangerous while confined to the extremities ; but often proves fatal when it shifts from them, and falls upon any of the internal parts ; or where, from a deficiency of vigour in the constitution, it cannot be propelled to its proper seat,—the feet.

The causes which produce indigestion, also occasion the gout.

Authors, in general, have been greatly mistaken with regard to the treatment of the Gout :—some have pretended to cure it by regimen alone, declaring that patience, good nursing, and the application of flannel to the parts, were all that possibly

could be done during the fit : and that diet, air, and exercise, were only to be depended upon to prevent a return. This doctrine has much influenced our present trifling mode of practice, and has occasioned the ruin of many constitutions; for, consonant to this opinion, they have laid down rules respecting diet, quite opposite to what the Patient had been accustomed; and those persons who have adhered thereto, have suffered more by intervening diseases, than they would have done, had they persisted in their usual mode of high living; for sudden changes, in that respect, in the intervals, are always attended with some degree of hazard, and, when the constitution is debilitated, with the utmost danger. Whenever a change, therefore, in point of regimen is necessary, it should be made gradually,

Those authors, again, who have relied on medicine alone for a cure, have been under as great an error as those who have wholly depended on regimen; although Medicines may remove the present symptoms, yet, while the cause of the disease is acting, the effect must again recur, and, in all probability, with red-integrated strength, when the patient returns to his former habits, which first gave rise to the disease.

In order to cure the Gout, on a true principle, the following purposes should be obtained :

1st. The action of the stomach and bowels must be assisted; and the indigestible matter, from time to time, gently evacuated downwards; which these organs are not able to do of themselves, owing to the contractile power thereof being so much diminished,

2d, The tone of the digestive organs must be increased.

3d. The general and nervous system must be strengthened.

4th. The secretions must be promoted.

The above effects may be accomplished by proper medicines, joined to the following rules respecting regimen :

1st. Proper diet, both in quantity and quality, must be adopted; for as certainly as we transgress the laws

of nature, either by the excess of eating or drinking, so certainly we shall impede digestion, occasion universal debility, and perhaps produce the gout. Vegetables should be taken sparingly, in proportion to animal food, by those gouty persons, who are troubled with wind and acidity in the stomach.

2. Exercise, according to the strength of the patient, should be regularly performed. Universal experience of this disease being unknown to labouring people, is sufficient to prove that exercise is a good assistant in the prevention and cure of the gout.

3d. Wholesome air, and natural rest, should be duly attended to.

4th. Cold or sea bathing, should be judiciously employed.

5th. As intemperance, the immoderate use of spices, strong rich sauces, spirituous liquors, or wine, an indolent sedentary life, and intense study, are among the prominent causes of this disease,—they should be entirely avoided.

6th. Acids, having been known to produce the gout, should be avoided.

The Tonic Powders and Drops, are a safe and efficacious remedy for the Gout; and I can affirm, that in my practice, which has been upwards of sixteen years, during which time, I have attended great numbers of gouty patients—they have always produced the following effects:

1st. They lengthen the interval between the fits—
2dly, They shorten the duration of the fit, when present—
3dly, They abate the violence of the pain—
4thly, They take off the inflammatory diathesis of the system; consequently, they tend to remove the topical inflammation—
5th, During the fit, they prevent the usual debility taking place, and strengthen the constitution in the intervals—
6thly, When the gout seizes the stomach, that organ becomes so cold and torpid, that neither wine nor spirits seem stronger than water; in this case the Tonic Drops have had most admirable effects.

Though I do not pretend, with these medicines, to

perform impossibilities, yet my experience of their effects, induces me to believe, that the Gout may be erased from the list of those diseases, which have hitherto obtained the appellation of *opprobria medicinæ*, or incurable.

When the pain and inflammation of the feet have been violent, I have experienced, in my practice, the good effects of the application of leeches, either on the inflamed part, or as near to it as possible; the latter generally answers better than when applied immediately on the part itself. Dr. Dover strongly recommends a thin beef-steak to be applied to the affected part, as a topical remedy for the gout; and Dr. Williams, who has written a very ingenious treatise, on this disease, has likewise ordered it. This application has produced very good effects, where the inflammation has not been too great, or the parts too much debilitated: it opens the pores, and discharges the gouty matter so plentifully by perspiration, that if it be not changed, at least every two hours, it grows putrid, and becomes offensive: in fact, it appears to have all the good effects of a warm cataplasm, and that without any irritation. I have also known it to give great relief repeatedly in the rheumatism.

The affected parts should not be kept too warm: at the same time, a comfortable warmth should by all means be preserved.

The treatment respecting food and drink, during the fit, must be suited to the patient's age, constitution, and the violence of the disorder; the accustomed mode of living should likewise be attended to; for example; if the patient be young, the constitution strong, the general and local inflammation high; solid animal food, fermented and other strong liquors, must be avoided; and a cooling farinaceous diet and diluting drinks made use of. This will co-operate with the medicine, in lessening the violence and shortening the duration of the fit. But, on the contrary, if the patient be advanced in years, or the constitution much debilitated; or if there be the least apprehension of the internal parts being affected by the disease; a more generous diet

must be adopted, with the liberal use of Madeira wine, cherry, &c. Being very abstemious, in this case would be highly dangerous to the patient.

The present mode of treating the gout indiscriminately, with wine, hot cordials, and rich food, must be reprobated by every judicious practitioner; as it tends to increase the inflammation already in the blood, to heighten the fever, and to render the fit more severe, as well as of longer duration, and at the same time strengthens the popular opinion of the gout being incurable.

As soon as the fit is over, means should be used to strengthen the organs of digestion, to brace the relaxed fibres, and to give force to the weakened muscles, which will put the constitution into a state, capable of resisting the disorder for the future; and for this purpose, I have found the Tonic Powders and Drops preferable to every other medicine. Different preparations of Steel and Bark, as observed under indigestion, are commonly prescribed for every species of debility but not one of them agree with gouty persons; because they aggravate the visceral obstructions which generally take place in this disease, and which always contraindicate their use.

Exercise should be employed in the intervals of the Gout, together with these medicines, which, in conjunction with temperance, have been frequently known radically to cure the disease, even in cases where a strong hereditary disposition had previously existed.

During the intervals of the fit, the diet, air, and exercise, should be the same as recommended under Indigestion.

For the use of the sea and cold bathing, the reader is referred to the general remarks on that subject.

DROPSY.

Before I enter upon the cure of the Dropsy, it will be necessary to premise a few remarks, in order to shew the manner in which this disease is produced,

and to point out the true principle upon which the Tonic Powders and Drops act, in effecting the cure.

This disease is primarily occasioned by indigestion and debility ; but ultimately it is produced, either by the exhalent vessels pouring a superfluous quantity of watery fluid into the cavities of the body—or, by the absorbents being rendered unable to take up the proper quantity of fluid, which should be re-conveyed into the circulation:—and sometimes, the Dropsy is the effect of both these causes.

I should have observed before, in order to render this matter more perspicuous, that the peculiar use of the exhalents is to pour a fluid into every cavity of the system, designed by the great Author of nature, to nourish and lubricate the parts, and to facilitate motion.—It is a well-known fact in philosophy, that the action and re-action of all solid bodies, are much facilitated by an intervening fluid, without which, attrition would soon destroy that power of cohesion and attraction by which all bodies are held together, and consequently motion would be totally impeded.

The office of the absorbents, is to take up that fluid which remains after answering the purpose above-mentioned, and to convey it into the general mass, in order to give room for a fresh supply.—Where these two sets of vessels, viz. the exhalents and absorbents, do not act in equilibrium, a dropsy, partial or general, must ensue.

The Tonic Powders, as I have before observed, empower the animal machine to regulate every secretion, and in this disease, they increase the action of the absorbents, by which means that superabundant fluid is taken up, which had been left by the exhalents in the cavities of the body. At the same time, the Tonic Drops, strengthen the digestive organs, and corroborate the general habit ; consequently these medicines not only cure the disease, but prevent its return.

With regard to exercise, air, and diet, what has been said under Indigestion, applies also to this case.

JAUNDICE.

I have known the Tonic Powders and Drops to succeed in the cure of Jaundice, in many instances, after other medicines had been tried to no purpose.

The Tonic Powders will not only be found efficacious in confirmed Jaundice, but also in those lighter cases, where the skin and eyes assume a temporary yellow cast, frequently arising from too great a quantity of bile, perturbation of mind, want of natural rest, or the too liberal use of spirits.

WORMS,

Or Big Bellies in Children.

The cause of the above is indigestion, or weakness of the stomach and bowels, arising from too great indulgence in improper food, want of due exercise, unwholesome or confined air;—these causes are sometimes all united; but errors in diet are by far the most frequent.

Whenever children are affected with diminished strength and spirits, with reluctance to exercise, the appetite decreased at one time. voracious at another, swelled belly, starting in the sleep, fever, difficulty of breathing, convulsions, thirst, costiveness, strong disagreeable breath, &c, I have found the Tonic Powders to answer every wished-for purpose; as they evacuate whatever indigestible matter may be lodged in the stomach and bowels, whether worms, slime, or phlegm; they relieve the difficulty of breathing, take off the fever, and remove costiveness; they restore the appetite, strengthen the constitution, and are also very successful in reducing the big bellies, which are so frequently observed in children. In these cases, after every thing else had been tried in vain, and the child's life absolutely despaired of, I have known this medicine, with proper diet, wholesome air, and due exercise, to perform a cure.

The stomach of children should be preserved from strong diet; by the neglect of this precaution, they are

found to labour under indigestion, worms, rickets, and universal debility.

Every year, for a long time past, nearly a thousand children have been brought to me for advice in different complaints; but three-fourths of that number are afflicted in the manner before described: these I have generally been successful enough to cure.

The following symptoms denote worms, as well in grown-up persons as in children.

When worms are in the stomach, they produce an inexpressible pain, anxiety, inquietude, nausea, an irregular appetite, and a flux of spittle, a foetid breath, especially in the morning, grinding of the teeth, during sleep; the countenance is first pale, then red; there is an itching of the nostrils, with an inclination to vomit, and a dry and troublesome cough by fits, and sometimes fainting.

When they are contained in the intestines, they produce the following symptoms:—The belly is much distended, as though the patient was afflicted with a windy dropsy, with now and then a purging, but sometimes a costiveness, the upper parts waste away, insomuch that the bones are visible, and yet the appetite is great, the face is generally pale and tumid, and a cough, fever, and pleuritic pains are often produced.

The small, like book worms, called ascarides, are contained in the rectum or lower bowel, and are sometimes thrown out in great quantities; they produce inflation of the belly, leanness, and nausea; they are attended with great itchings of the anus, and cause foetid excrements.—This kind of worm, though as difficult to cure as any, yet is the least dangerous of all.

It may be necessary here to observe, that there are three particular symptoms which distinguish three different kinds of worms, viz. sudden gripings about the navel, denote the presence of the round worm; a weight in the belly, as if a ball were rolling about in it, is a sign of the *tenia* or tape worm; and an itching about the anus, is a sign of the *ascarides* or small worms.

The diet during the cure of worms, should be light and easy of digestion.

Medicines of various kinds are prescribed for the cure of worms; such as the different preparations of mercury; sulphur, oil, tin powdered, Indian pink, male fern, &c. &c. of these I have had little experience, always finding a remedy in the Tonic Powders,

FEMALE COMPLAINTS.

The female constitution is considerably different in a variety of instances, from that of men.—The muscular fibres in women have not that tension and firmness. the blood is of less density and richness; and the fluids and secretions are not so acrimonious. These circumstances, (together with their having a greater sensibility of the nervous system, as well as their being designed for mothers,) occasion a peculiarity of constitution, that subjects women to many painful disorders, to which men are not liable.

There are two critical periods in the life of females, in which the habit undergoes a material change. namely, the COMMENCEMENT and CESSATION.—The first happens between the age of fourteen and sixteen years: and the latter commonly from the age of forty-five to fifty. I shall make a few remarks respecting the management necessary to be observed at both these particular times, as on this frequently depends a good or bad state of health.

I shall begin with that period which commences at the early part of life.

Indigestion and general debility are the causes of this salutary change not happening in due time; because the juices derived from the food, being crude and watery, are insufficient to supply the body with due nourishment; hence the heart, which is the principal instrument of circulation, can hardly propel the blood in its vessels, or distribute that vital fluid to the different parts of the body; therefore its due offices cannot be accomplished: hence proceed obstructions, attended with sickness, flatulency, palpitation of the heart, head-ach, and a throbbing, or

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There are two critical periods in the life of females, in which the habit undergoes a material change. namely, the COMMENCEMENT and CESSATION.—The first happens between the age of fourteen and sixteen years: and the latter commonly from the age of forty-five to fifty. I shall make a few remarks respecting the management necessary to be observed at both these particular times, as on this frequently depends a good or bad state of health.

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tremulous motion of the internal parts, especially after exercise or sudden surprise, heart-burn, and a swelling of the stomach; the patient's appetite is whimsical, and much impaired, often directing her to things void of nourishment, and improper, such as chalk, cinders, sour raw fruit, and the like. The countenance is sometimes wan and fallow, with a remarkable paleness of the lips and gums, and excessive coldness of the feet, weariness, depression of spirits, reluctance to exercise, wandering pains and slow fever.

In order to promote this salutary alteration, the whole constitution must be strengthened, which will aid the powerful efforts of nature, a circumstance of the utmost consequence to the patient's future welfare, though too generally disregarded. This can only be done by such medicines as are calculated to give strength to the digestive organs, and tone to the general system, united to proper diet, moderate exercise, and natural rest, which will inevitably empower the animal œconomy to effect this grand office; by the same means the secretions will be promoted, and Nature herself enabled to remedy those disorders, which before had resisted the most powerful medicines, but, unless the debility be removed, it will be impossible to remedy these complaints.

Whenever, therefore, this salutary alteration does not take place in due time, or an accidental obstruction has been produced, I have prescribed the Tonic Powders and Drops, with the happiest effect, even after the usual course of medicines had been administered without any benefit.

Parents and guardians, or those entrusted with the important office of superintending the health and education of young ladies, should direct their conduct with the utmost care and attention, at this critical juncture, for on the seasonable commencement, and regular returns of nature, depends their future health.

The engagement of the mind, the degree of exercise, the quantity and quality of the food, together with the nature of the air they breathe, should be regarded with the most prudent caution.

The quantity and quality of food, should be suited to the digestive power of the stomach,—The patient should eat often, and in small quantities, of what is light and simple, and thoroughly masticate, or chew it, which is a circumstance of much more consequence to those who have weak stomachs, than is generally imagined. The drink should be light, and rather nourishing, but not heating: no heat should be thrown into the habit, but what is obtained from exercise: this promotes the natural action of the heart and lungs, whereby a quantity of air will be taken into the blood, which will produce all the beneficial effects of a gentle stimulus, without preternaturally heating the system; she should abstain from the immoderate use of watery fluids: coffee is more wholesome than tea, drank with the addition of milk.

Moderate exercise in the open air should be used; this will at first fatigue the weak patient, and put her out of breath; but when steadily persisted in, she will daily gain strength and spirits; so that what was before a punishment, will afterwards become a pleasing amusement: she should walk or ride in the air, an hour or two every day before dinner, when the weather will admit.

The cold bath, when there is no decay of the lungs, or other internal parts, will greatly assist the cure by bracing the solids; but this, being a remedy of a powerful kind, ought never to be used without proper advice, as many instances have occurred, where such as laboured under consumptive symptoms, with weak ulcerated lungs, &c, have been destroyed by its unseasonable use.

Though forcing and heating medicines are prescribed indiscriminately to every female at this time; and believed by mothers to be specifics and infallible; yet they are dangerous and unnatural, and have ruined the health of thousands; for they act either by stimulating the lower bowel, or heating the body, (in some, such as the aloes, both these effects are united,) which, instead of diminishing, tend to increase the cause from whence the complaint originated: nature,

on the contrary, accomplishes her designs by slow degrees, and consequently, without violence to the constitution.

For a fuller account of food, air, and exercise, see the remarks under Indigestion: also for the use of the Cold Bath, see the observations on that head.

I shall now treat of those complaints which happen between the commencement and cessation of these two periods, in which the Tonic Medicines will be of infinite service.

I have attended a great number of ladies,, who, from their ill state of health, were either never pregnant at all, or could never arrive at their full time. By strengthening the whole constitution with the Tonic Medicines, joined to a proper diet and exercise, with a discreet use of the cold bath, I have had the satisfaction of recovering the health of my patients, and afterwards of delivering them of very fine, healthy children.

The following case often occurs in practice, which is very difficult to remedy, if not attended to in proper time:—A woman, apparently of a healthy constitution, is seized with a total suppression, obstruction, or discontinuance. For many months, some women feel very little inconvenience under this circumstance: while others soon grow big, with tension, and pain in the belly, and some enlargement of the breasts, sickness in the mornings, dislike to particular foods, and other symptoms similar to pregnancy,—and married women believe themselves in this situation, and imagine that they actually perceive the child, and are sometimes not undeceived till the time of gestation is much exceeded.—The Tonic Powders, and proper attention to diet, will effectually remove these complaints.

Another case has often occurred to me in practice; namely, a violent spasmodic pain, apparently in the stomach and bowels, takes place, in both married and single women, previous to every time of their being unwell, and sometimes during the whole time of their being so: Nothing is more excruciating to

the patient ; it greatly impairs the health, and pre-disposes the body to dangerous diseases---This is a most serious evil, and should be particularly attended to. By the following method, I have been happy enough to prevent a return : The moment the pain is coming on, I always give fifteen or twenty drops of Tincture of Opium, and (if needful) repeat it every four hours : it is scarcely ever necessary to give more than two doses, before it answers every wished-for purpose. The patient should keep in or upon the bed, at least in a recumbent posture, and drink moderately of any diluting warm liquor, such as black tea, weak whey, thin broth, &c. I have, in this case also, prescribed the Tonic Powders with the most happy effect.

For the sickness and retching which arise from pregnancy, I have prescribed the Tonic Powders alone, with the utmost success ; taken according to the general direction under female complaints.

I shall now treat of the management, necessary to be observed at the CESSATION, or that particular period, when Nature is about to make that change in the constitution, which generally happens about the age of forty-five, or from thence to fifty.

Some women, at this time, feel no material alteration in their health ; others, after a total cessation, have experienced much greater vigour of constitution, than they had known for many years before ; but there are others who suffer so much inconvenience from this source, as to render some assistance necessary.

About the time when this particular change in the habit takes place, many women experience complaints, which prove extremely troublesome ; and, if neglected, very dangerous : such as, flushing heats, restlessness, want of sleep, troublesome or frightful dreams, spasmodic pains in the stomach and bowels, and sometimes swelled ancles, with pain and inflammation.

After this alteration has taken place, sometimes women grow bigger, and grow unwieldy ; their legs

swell, their body is costive, the urine in small quantities and often discharged, with every appearance of the Dropsy.---In the two last cases, with regular exercise, I have never known the Tonic Powders and Drops, to fail in effecting a cure. Strong purgatives, which are generally prescribed, prove extremely injurious.

A proper regimen at this period should be attentively observed.---Those females who are of a full habit of body, subject to feverish heats, and of a strong constitution, should adhere to a moderately cooling and light diet: every thing that is heating should be religiously avoided, especially spirits, and even wine ought to be taken in great moderation; the patient should lessen the usual quantity of animal food, and abstain from meat suppers: the liberal use of vegetables, with a proper degree of exercise, and pure cool air should be attended to: large assemblies, or hot close rooms, should be avoided. As the mind has great influence over bodily health, it should be kept as tranquil as possible.

But where the patient is weakly, and not troubled with feverish heats, and is of a thin habit of body, a more generous diet should be allowed: a glass or two of wine after dinner and supper may be needful; at the same time, whatever will induce an unnatural heat, especially spirituous liquors, must be avoided. Proper exercise and wholesome air should be attended to. The sea or cold bathing may be used with great advantage, where the lungs or other internal parts are sound.

Those medicines, on which females place great reliance, usually taken at this period, being very injurious, I shall enumerate some of their baneful effects:

These are not only extremely pernicious to the constitution, but produce most dreadful disorders of the womb.---The Scotch Pills, Hooper's Female Pills, Analeptic, and, in short, the whole tribe of Pills, in general use for this purpose, are all detrimental to the animal economy. Aloes, of which these Pills are composed, though a good medicine in itself, has been fatally abused, and has done more mischief than any

other drug whatever. Its operation is diametrically opposite to the real intention of nature; for it determines the blood to the womb, and strongly stimulates it and the contiguous parts, which consequently promotes the periodical discharge, at a time when, naturally, it is about to cease. Whatever tends to encourage the flow, when it is the law of nature to decline that particular office, must certainly be injurious. Inflammation, ulceration, and cancer of the womb, with floodings, more frequently arise from the operation of these pills, than have been hitherto known or imagined.

My worthy friend, the late Dr. FOTHERGILL, (whose abilities, honour, and veracity, no one with justice ever disputed,) has made many judicious remarks respecting the injurious effects of those medicines, which are composed of aloes, and prescribed for women at this particular time, namely, the Cessation. He says—

“ An opinion generally prevails among the sex, that purgatives are particularly necessary at this juncture: preparations of aloes are, therefore, recommended, from one to another, as proper purgatives to be used at this particular period.

“ But, if we reflect upon the known effects of this drug, in all its preparations, we shall find it almost uniformly producing the piles, if taken long together, from its stimulating the vessels at the extremity of the Rectum, called the Hemorrhoidal Veins, and the contiguous parts.

“ Instead, therefore, of countenancing a treatment, which is not only unreasonable in theory, but injurious in practice---every opportunity ought to be embraced to expose and correct a popular error, than which there perhaps are few in the circle of medicine that are more mischievous. Repeated instances have occurred in my practice, of grievous inconveniencies arising from these heating medicines; the piles, strangury, racking pains in the loins, representing labour pains, and other similar complaints.”

During suckling, many women are in the habit of taking the Scotch, or Hooper's Pills, with the view of keeping the body open; but this practice tends to interrupt the natural secretion of the milk, and to lessen its quantity, or injure its quality. Lenitive electuary, Senna tea with cream of tartar, or castor oil, are preferable at that time to either of those Pills.

✚ In order to accommodate the Public at Large with the Tonic Medicines, Dr. SQUIRRELL has been induced to prepare them in proper proportions, with ample Directions for taking them, well-suited to the Convenience of every class of the community, viz.

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OF

THE TONIC POWDERS,

AND

TONIC DROPS,

IN INDIGESTION, BILIOUS, NERVOUS AND GOUTY  
DISORDERS, &c. &c.

---

MR. SPEAD, Long Acre, was afflicted for upwards of twelve years, with very violent pain and a gnawing sensation in his stomach, gripings in the bowels, heartburn, belchings, loss of appetite, great depression of spirits, with tremblings and faintings, and symptoms of great relaxation; the stomach much distended with wind, uneasiness after eating, though ever so moderate, frequent vomiting of acrid bile and tough heavy phlegm; he had taken many medicines without the least benefit. Under these circumstances he was persuaded to take the Tonic Powders and Drops, and in five weeks his usual strength and spirits returned, and he regained perfect health.

Mr. LATHBURY, Catherine Street, Strand, had been long afflicted with a pain and giddiness of the head, which at times were so violent as to deprive

him of his senses, attended with unusual thirst and the symptoms of indigestion; after taking the Tonic medicines for a fortnight, the disorder in the head and the complaints of the stomach were removed.

Mrs. URQUHART's daughter, Long Acre, about nineteen years of age, for a great length of time, was afflicted with a very violent pain in the stomach and head, difficulty of breathing, great fatigue on the least exercise, irregular appetite (being sometimes very voracious, and at other times having a loathing of food) depression of spirits, with frequent faintings, and a remarkable pallid countenance: these complaints all arose from a particular circumstance not having happened at the usual period—but after taking the Tonic Powders three weeks, her health was perfectly restored.

Miss ELIZABETH EDWARDS, No. 1, Church Street, St. Ann's, about eighteen years of age; was afflicted with a severe pain in the stomach and head for upwards of two years, attended with giddiness, and sometimes dimness of sight, an aversion to food, a remarkable weariness of the whole body, great reluctance to exercise, violent cough, difficulty of breathing, intermitting fever and thirst, a pale countenance, and remarkable whiteness of the lips; under these circumstances she had recourse to many medicines without receiving any benefit: at length she was induced to make a trial of the Tonic Powders and Drops; and after taking them for the space of three weeks, all her complaints were removed, and her health completely re-established.

Mr. SMITH, Laystall Street, Gray's Inn Lane, had been a long while troubled with various symptoms of indigestion, accompanied with great debility, which at length put on every appearance of consumption, such as emaciation; a very violent cough which prevented him from sleeping, night sweats, hectic fever, thirst; he had taken many medicines,



without having obtained the smallest relief. His sister came to me, and related his case, expressing a wish that something might be done, if possible, merely to alleviate the symptoms, his very reduced state having made it highly improbable that he could long survive. In the short space of six weeks, however, by taking the Tonic Powders and Drops, with a decoction of Sarsaparilla, and by strictly following my advice, he was cured of all his complaints, except a small degree of weakness, of which he soon recovered.

Mr. DEALTRY, of New Street, Deptford, was afflicted with a bilious Disorder for several years, by residing for some time in the West Indies; he was constantly oppressed with wind, severe pain at the pit of the stomach (which came on sometimes so acutely as to render his life almost insupportable) continual thirst, loss of appetite, great depression of spirits, with continual weariness, so that he was entirely disabled from following his business. Having tried a great variety of medicines, without reaping any advantage, he almost despaired of relief; but after taking the Tonic Powders and Drops for about three weeks he found such an astonishing alteration in his whole habit, that he has had no further occasion for medical assistance ever since, though it is above four years ago.

A Gentlewoman in my neighbourhood, had been subject to a bilious disorder for ten years; attended with sickness, distention, flatulency, uneasiness of the stomach and bowels, loss of appetite, swimming of the head, weariness of the whole body, and other symptoms of indigestion and debility; which were so troublesome, that she never experienced a day's health during the whole time. When the disorder was at its greatest height, she was persuaded to send for me; and on taking a few doses of the Tonic Powders and Drops, she expressed great surprise at the expeditious manner in which they eased her pain:—and after she had persisted in the use of the medicine about three

weeks, the uneasiness of her stomach and bowels, and every other complaint, were removed.

Mrs. BARKER, No. 22, Broad Street, Bloomsbury, had been subject to a severe periodical Bilious Disorder, for above eight years, attended with the most excruciating pain and sickness at her stomach, and also a constant pain in her right side. She took a great quantity of medicines, with little or no success; but, on having recourse to the Tonic Powders and Drops, she obtained a perfect cure, and has had no return of the complaint since, though several years have since elapsed.

Mrs. SMITH, Great Earl Street, Seven Dials, was long afflicted with pain of the stomach, loss of appetite, retching and vomiting, which reduced her strength to such a degree that she was as helpless as an infant. I was requested to attend her; and owing to her case being so extremely alarming, it was deemed necessary by her friends to call in another practitioner for a consultation; and, after trial of many medicines, she remained the same, or rather worse, consequently he discontinued his visits, as it appeared impossible she could live. However, as I had experienced surprising effects from the Tonic Powders and Drops, in disorders of the stomach, was induced to give them a trial, and after she had taken them a few days the vomiting ceased, and by her continuing them she perfectly recovered.

Mr. COLLINS, Frimley, near Bagshot, Surrey, was afflicted, for upwards of seven years, with a constant pain of the side and stomach, always craving for food, attended with faintings and langour over the whole system, great thirst and feverish heats, and he was often seized with Epileptic fits. A variety of medicines had been prescribed for him without the smallest benefit; but after taking the Tonic Powders about three weeks, a tape worm was discharged, which measured nine feet, and ever since he has enjoyed good health.

MR. THACKER, No. 5, John Street, Edgware Road, was a long time afflicted with a severe nervous hypocondriac complaint, which rendered him extremely miserable; attended also with a bilious disorder of the stomach; but he was cured by taking the Tonic Powders and Drops.

Mrs. KNOWLES, No. 76, George Street, Manchester Square, was cured of a violent Disorder of the stomach, attended with a variety of nervous and hysteric complaints, by the Tonic Powders and Drops.

Mrs. HERVE, No. 20, Warren-street, Fitzroy Square, in a letter, says—

“ SIR,

“ I cannot help expressing my gratitude at the expeditious manner in which you relieved my pain, and cured me of the Gout. When I first sent for you to attend me in that disease, I had not the least idea of your curing it; owing to the prevailing opinion which I had imbibed, of the Gout being incurable, I imagined that impossible; I had only an implicit faith in your judgment, knowing that upon other occasions, when you attended either myself or family, you had shewn great abilities in your profession, was indefatigable in your attention, and, where medicines were unnecessary, you were always ingenuous enough to tell us so. Under these considerations I was induced to send for you; but, to my great astonishment, and comfort, though this disease made its attack with more than usual violence, yet, on taking your medicines, and strictly following your advice, the exquisite pain and great inflammation were very much alleviated in forty-eight hours; and by persisting in the use of the medicines for the space of twelve days only, I was then better able to walk than I usually was in two months after former attacks. I also find my general health very little, or not at all, impaired; nor any weakness or tenderness left in my feet and ancles, as was formerly the case.”



Mr. FEAST, of No. 10, Brownlow-street, Holborn,  
writes thus—

“ SIR,

“ I cannot but express my gratitude for your curing me of a most violent fit of the Gout, in so rapid a manner as I have experienced. By attending to your advice, and taking your medicines regularly, the fit of the Gout was perfectly cured in a fourth part of the time it usually lasted, when left to its own course. I had before been often afflicted with this disorder, which continued so long each time as to make my feet extremely tender, my ancles and legs so weak, and my whole body so very feeble, that I was never able to walk with any degree of ease or comfort, in less than two or three months; but this last time, by the use of your medicines, my health was so far established in three weeks, as to feel as if nothing had ailed me.”

A Young Lady was afflicted many months with the Rheumatic Gout; the severity of the pains (which were without intermission) deprived her of rest, had reduced her strength, and emaciated her body to such a degree, that she was unable to get out of bed, or even to feed herself. She had taken various medicines before she sent to me, without having received the least benefit from them; on the contrary, the violence of the disorder daily increased, and (her strength being nearly exhausted by pain, want of sleep, and loss of appetite) her recovery was despaired of by every one who saw her. Under these circumstances, she was persuaded to send for me, and after I had attended her, and given her my medicines for about one month, all her complaints were removed, except a small degree of weakness, from which she soon recovered.

MR. DAVIS, No. 10, New Compton Street, was afflicted with a most violent Rheumatic Gout, for several months, in his limbs and head, which was al-

ways considerably increased by the warmth of the bed—from the long continuance of the disease, and the severity of the pain, and by the loss of strength, appetite and rest, he was almost worn out. He had taken a large quantity of various kinds of medicines, but without the least benefit.—At length however, hearing of my remarkable success in the treatment of this and other complaints, he put himself under my care; and, by persisting in the use of my remedies about five weeks, he received a perfect cure.

MR. SEALY, No. 1, Compton Street, Bloomsbury, was afflicted with the Rheumatic Gout for the space of six months, which affected all his limbs, and particularly the joints; the violence of the pain was so extreme as to deprive him of rest and appetite, and to reduce his strength greatly; he had violent head-ach, cough, colliquative sweats, intermitting fever and thirst, and was emaciated to a great degree. During all this time, a variety of medicines, had been prescribed, without producing any benefit. At length he applied to me; after taking the medicines, and strictly following my advice, he got entirely rid of all his complaints, in the course of a fortnight, except a degree of weakness for which he took the Tonic Drops, joined to a preparation of the Peruvian Bark: By which method, together with a nourishing diet, and now and then interposing the Tonic Powders when coöive, his health was re-established.

A Gentlewoman aged eighty years, was afflicted with the Dropsy, which began in her feet and legs, and was attended with violent sickness at the stomach, loss of appetite, flatulency, uneasiness in the bowels, extreme restlessness, and such a degree of debility, that she was as helpless as a child. After taking the Tonic Powders and Drops regularly twice a day, for three weeks, the Dropsy was cured, and her health perfectly recovered.

A Child, about four years of age, was seized with a Dropsical Swelling of the face, (two weeks after

having a nettle rash) which proceeded to the hands, feet and legs; and the body appeared similar to a mere lump of dough, attended with great difficulty of breathing, loss of appetite, suppression of urine, very high fever, restlessness and insatiable thirst.— Under these alarming circumstances, the child's life was, with great reason, despaired of: different remedies had been used, but without the least benefit. In this state, I was applied to, and prescribed the Tonic Powders as the most probable means of relief—the child was perfectly cured in a fortnight.

Mr. Ryder's servant, Tobacconist, Broad Street, Bloomsbury, was a long time troubled with violent sickness at the stomach, distention and flatulence of the bowels, difficulty of breathing, cough, total loss of appetite, pain of head, languor, tremblings, fatigue on the least motion, cold shiverings and flushing of heat by turns, and debility of the whole system—These symptoms at length terminated in the Dropsy. He was perfectly cured, and his general health re-established, by taking the Tonic Powders and Drops only three weeks.





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